

FALL 2019-20 TEAM MEETING

****NO JOBS!**

Summer Recap: 3.23 GPA:

- A. **Grow our RELATIONSHIPS**
- B. **Grow our COMMUNICATION ON & OFF the court**

- C. **Build our BRAND: STANDARD OF TRAINING**
 - 1. 100% effort between lines
 - a. "F-it, NEXT PLAY"
 - b. Both Feet In: Give your very best, that's all!
 - 2. Great Attitude: Business Mindset:
 - a. Must be Coachable
 - b. Focus: Attention to detail
 - 3. Accountability within the group is extremely important
 - a. Don't allow slippage
 - b. Encourage each other to BE THEIR BEST...nothing less
 - 4. Train like we finished in last place

EXPECTATIONS

- D. **ACADEMICS**
 - 1. Attendance is 100% mandatory
 - 2. Pay attention! No hoodies, earbuds, phones etc.
 - 3. Study Hall/Tutoring: Must be completed every single week...NO excuses! Protocol for canceling tutoring sessions
 - 4. Academic Integrity is utmost priority
 - 5. Protocol if sick: Call JR, De'Ron, Chris Miller

- E. **WEIGHT ROOM:**
 - 1. Will include a 10min post lift stretch
 - 2. Summer Gear ONLY
 - a. No jewelry

- F. **TREATMENT:**
 - 1. Treatment is part of training...preventative as well! We will give you time to ice bath, meet with trainers etc: GOAL= 3/week ice bath
 - 2. When something is wrong, ask IMMEDIATELY for help
 - 3. Must be taped/braced for BBALL training/practice
 - 4. Treatment is a requirement

- G. **TRAINING: Schedule 1:30-5:30pm slot**
 - 1. Weights 3days/week
 - 2. Bball: 3 days/week: Indy and/or Team Indy
 - a. Shooting Test: if fail, will be required to shoot 500 shots for five days & we re-test
 - 3. Conditioning: 3/week
 - a. It will be intentionally difficult...but nothing you can't do!
 - b. Conditioning Test:
 - i. If fail, will be required to run at 6am until you pass
 - ii. All teammates required to be in attendance for 6am conditioning
 - 4. Nutrition: Laura as requested
 - 5. Weekly check-in and/or film with Position Coaches
 - 6. Fueling: Must eat prior to workouts
 - 7. Be ready to GO at start time...get there early, get shots up etc
 - 8. Team Issued Gear Only: greys **includes weight room
 - a. NO jewelry: remove all of it
 - 9. Laundry: turn it in 60mins after workout & don't take home
 - a. Clean laundry will be your locker
 - 10. Gun/Balls: put back when finished

- H. **HYGIENE/OVERALL HEALTH**
 - 1. Shower, use soap, deodorant, change all clothes after training etc.: towels/loofahs
 - 2. Vitamins & supplements

- I. **LOCKER ROOM**
 - 1. Only team members in the locker room
 - 2. Keep it clean!

3. If something is broken/spilled etc, let Jill know ASAP
4. Clean up after yourself...use vacuum which stays in the locker room
5. Normatechs are in the locker room: Use them as needed and put back when finished

OVERALL

- J. Treat people with respect
- K. Teammates/Coaches/Staff Facilities People/Janitors/Champs/Tutors
 1. No negative talk TO or ABOUT
 2. Respect each other's space: Should not be touching/taking each other's things (shower gel, phones, cars, bags etc.)
 3. Communicate effectively (texting, say 'sorry')
- L. Fish Bowl Philosophy: Represent yourself and all of us in a GREAT way here AND away from campus
- M. Sports Psych: Erin Rubenking is available to help, encourage, support, grow

FIGHT SONG

Fight CU down the field,
 CU must win
 Fight, fight for victory
 CU knows no defeat
 We'll roll up a mighty score
 Never give in
 Shoulder to shoulder
 We will fight, fight
 Fight, fight, fight!

OVERALL/GENERAL RULES

1. Be on time! Plan ahead! Communicate!
2. Be Respectful
 - a. Text/Email back
 - b. Look in the eye & Body language
3. Represent yourself, team, coaches, program, dept, university...at ALL times
4. Understand and don't break the law: Alcohol/Drugs/Driving w/out a license
 - a. If it's ILLEGAL, you shouldn't be doing it!
 - i. Penalty for breaking the law: wide range of penalty from meeting with coaches/calling parents, 'Dawn Patrol', suspension, expulsion etc.
 - ii. Drug Test: Random, 365 days suspension & loss of year
5. All required activities are REQUIRED. Any departure of your required duties are grounds for dismissal and/or removal of scholarship.
6. Protocol if something bad happens: Call JR
7. Control the Controllables: Effort, Attitude, Being a great person!
8. RELATIONSHIPS: Keep your personal life separate from your professional life & understand that the TEAM'S NEEDS must take priority. Engage in relationships that are healthy for YOU and ALL OF YOUR TEAMMATES. Avoid relationships that are unhealthy and divisive for our locker room.
 - a. Examples of relationships that are NOT healthy for your TEAM: Dating same person as a teammate, dating a teammate, dating a teammate's ex, dating a teammate's family member, dating a professor/staff member, managers, interfering in a teammates' relationship/love interest
 - b. Work to have healthy relationships
 - i. Surround yourself with people who encourage you to be the very best you can be, aren't controlling & help you make great choices
 - c. Close friends on a team are great, Cliques on a team are NOT
 - i. Can happen easily...be AWARE and be PRO-ACTIVE
 1. Sit with other teammates at meals, car rides, shoot with others etc
 - d. Respect each other's differences
 - i. Race, Religion, Sexual Orientation, Sexual Identification, Personal Beliefs...ALL are both welcome and wanted and we must work to make sure that everyone feels 100% welcome at all time
9. OIEC (Office of Institutional Equity & Compliance)
 - a. Definition of 'Consent' as it relates to sex
 - i. Consent must be clearly established through words or actions
 - ii. Silence cannot be interpreted as consent
 - iii. Having a previous or current relationship doesn't mean there is consent
 - iv. Consent for one sexual activity does not mean consent for other sexual activities
 - v. Consent can be withdrawn at any time during sexual activity and doesn't need to be verbal
 - vi. Consent cannot be given if a person is incapacitated
10. Lot of choices on a college campus...choose wisely!
 - a. Friends, Parties, Activities

RANDOMS

- Scholarship Donors: Must respond to them & interact with them. Please let us know about dinners etc.
- SAAC: Q, Aubrey
- Questions about anything in our program: Ask US
- Gear: Must keep up with it, do not give anything away as it will be needed throughout the year
- Community Service: Will do as a team and if you want more, please ask!
- Parking: Jen Green
- If going out of town, please check with Coach J prior to booking flights.
- Recruiting: Be available & be your amazing selves

SOCIAL MEDIA: Use your platform for positive!

- No alcohol/illegal activities
- No talking trash on teammates, program, university, opponents
- YOU are responsible for the people in your lives and what THEY say on social media
- Do not use LANGUAGE or say anything you wouldn't want to say directly to your Grandma!

KEEP IT SIMPLE: BE A GREAT PERSON and a GREAT TEAMMATE...WORK HARD, DO YOUR BEST!

Student-Athlete Signature

Date

I understand and agree to abide by the above Colorado Women's Basketball Rules of 2019-20